

FREE YOUTH TOBACCO PREVENTION RESOURCES FOR PARENTS



Live Vape Free: Online support course for concerned adults. Support regarding discussions with youth around vaping or dealing with issues that may arise due to their child's usage of e-cigarettes or other tobacco products.
www.vapefreelife.com



The Vape Talk: Intended to help parents talk about vaping with their kids and includes a downloadable guide.
www.lung.org/stop-smoking/vape-talk/



PAVe: Founded by three concerned moms of who seek to educate parents about the dangers of e-cigarettes; advocate for the health and safety of kids with regards to their widespread use of these products, and activate members to work for action against e-cigarette companies when and if necessary.
www.parentsagainstvaping.org



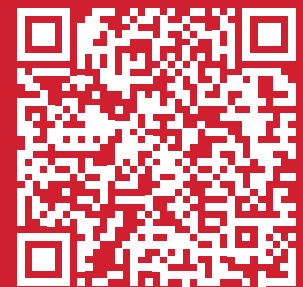
Partnership for Drug-Free Kids Vaping Guide: What you need to know and how to talk with your kids about vaping. This is meant to help you understand vaping, the appeal to youth and what research says about the known and unknown risks. There is a link to the guide at the website below.
<https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>



E-cigarette Health Advisory Materials: Materials to educate on the pressing issue of young people's use of electronic cigarettes and similar nicotine delivery devices.
<https://tobacco prevention and control.ncdhhs.gov/youth/index.htm>



Centers for Disease Control and Prevention: Facts about electronic cigarettes, their health effects and the risks of using e-cigarettes.
www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm



Scan for additional resources or to contact your local tobacco prevention and control manager.



FREE Youth Tobacco Alternative to Suspension Resources:

- **ASPIRE:** Online, bilingual curriculum-based program for ages 11 to 18. Pre- and post-test surveys, quizzes, certificate of completion, and reporting system.
www.mdanderson.org/about-md-anderson/community-services/aspire.html
- **Stanford Medicine - Healthy Futures:** Evidence based alternative to suspension program.
<https://med.stanford.edu/tobaccopreventiontoolkit-old/curriculums/HealthyFutures.html>
- **INDEPTH:** An interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction.
www.lung.org/quit-smoking/helping-teens-quit/indepth



FREE Youth Tobacco/Vaping Cessation Resources:

- **Live VAPE FREE Text Line:** Youth ages 13-17 can Text VAPEFREENC to 873373
- **TRUTH This is Quitting:** Youth text "DITCHVAPE" to 88709
- **N-O-T on Tobacco:** Teen smoking and vaping cessation program
www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco
- **NOT for Me:** NEW online self-guided program to help break nicotine dependency
<https://notforme.org/>



Scan for additional resources or to contact your local tobacco prevention and control manager.



1-800-QUIT-NOW
1-800-784-8669

ES 1-855-Déjelo-Ya
1-855-335-3569

www.quitlinenc.com

Text READY to 200-400
to enroll via text

f @QuitlineNC



NC Department of Health and Human Services • Division of Public Health • Tobacco Prevention & Control Branch • www.tobaccopreventionandcontrol.ncdhhs.gov • NCDHHS is an equal opportunity employer and provider. • 10/2021